



Sponsors 2006

Health Enhancement Center
University of Wisconsin-Stevens Point

BEST PRACTICES

In Physical Education and Health

July 10-13

6th annual

A QUALITY
EDUCATION
FOR
EVERY
CHILD



POLAR

JSPORTIME
leading the way through innovation



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University of Wisconsin-Stevens Point



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**New! Two-day 21st Century Nutrition
pre-conference course on July 10-11**

**New! 2 pre-conference workshops on
Station PE and Fitnessgram**

**Three tracks with topics including C'motion,
Adventure Ed., SPARK and Using Games in
Health Education**

Monday - Thursday

July 10-13

Best Practices in Physical Education and
Health Symposium, July 10-13, 2006

Pre-conference Registration Deadline is June 2, 2006

July 12-13 Registration Deadline is June 30, 2006

Name: _____

Professional Title: _____

School Address: _____

Home Address: _____

City/State/Zip: _____

Phone () _____

FAX: _____

E-mail address: _____

Pre-conference Workshops:

___ 21st Century Nutrition ___ Station PE ___ Fitnessgram

Conference Track: ___ Elem PE ___ Sec PE ___ Health

July 10-11 Pre-Conference Fees:

21st Century Nutrition Pre-conference Course

Cost: Current UW System Tuition plus a \$55 registration fee

July 11	WAHPERD Members	Non Members
Station PE	\$50	\$80
Fitnessgram	\$75	\$85

July 12-13	WAHPERD Members	Non Members
Workshop only	\$85	\$110
W/ Polar E200 monitor	\$210	\$235

Parking Fee _____ \$4.00 per day
(specify day(s) needed)
O July 10 O July 11 O July 12 O July 13

On-Campus Lodging
Single Occupancy _____ \$22.00/night
O July 10 O July 11 O July 12
Double Occupancy _____ \$17.10/night
O July 10 O July 11 O July 12
Sharing room with: _____
Total _____

Off-Campus Lodging is available at the Country Inn and Suites.
Make reservations by calling 715-345-7000. Please reference
the Best Practices Workshop when reserving.

Register on-line at: www.uwsp.edu/control/conferences.
Click "Best Practices" or send the registration form with
check payable to UWSP or credit card information to:



UW-Stevens Point
UWSP Continuing Education
2100 Main Street, 103 Main Building
Stevens Point, WI 54481

To register using your Mastercard or Visa, call
(715) 346-3838 or 1-800-898-9472 (press 3).
8am - 5pm M-F or Fax (715) 346-4045

Please charge the following: ☐ Mastercard ☐ Visa

Card No.: _____

Expires: _____

Cardholder's Name: _____

Signature: _____



MONDAY & TUESDAY JULY 10-11, 2006

21st Century Nutrition Education

KAREN KEDROWSKI, MS, RD, CD, PUBLIC HEALTH EDUCATOR, AND MONICA OWSICHEK, RD, PUBLIC HEALTH EDUCATOR, DEPARTMENT OF PUBLIC INSTRUCTION, MADISON, WI

See how the new nutrition standards work and are to be effectively implemented in an age appropriate nutrition education program.

1 grad or undergrad credit + \$55 for lunch and snacks (This is a credit only workshop! You must be enrolled in HLED 397 / 597 s. 792 21st Century Nutrition Education through UWSP College of Professional Studies Professional Development Network. Visit <https://www.uwsp.edu/cps/network> for more information)

TUESDAY JULY 11, 2006

STATION PE

JIM DELINE - SPORTIME

Come to this all day workshop on creative PE teaching with an online component. Each participant will get 6 months free membership online.

FITNESSGRAM

JOHN KADING

Go through the online components of Fitnessgram. We will go online to teach you all the components of this evidence based fitness test. (materials provided) 25 participants needed to have this workshop delivered

WEDNESDAY—JULY 12, 2006

Opening and Keynote

7:45 - 9:15 am — JON W. HISGEN/JIM DELINE, SPORTIME

KEYNOTE: WHAT DOES OUR PE/HE FUTURE HOLD? Welcome from WAHPERD and On Line PE Survey Results

ELEMENTARY PE TRACK AM

8:30 - 10:45 am — PE ALA CARTE with NASPE Flavor Part I ROSIE SYLVESTER, M.L. KING ELEMENTARY, GREEN BAY, WI

Creative strategies connected to the national standards.

11:00 am - 12:15 pm — More PE ALA CARTE with NASPE Flavor Part II ROSIE SYLVESTER, M.L. KING ELEMENTARY, GREEN BAY, WI

More creative strategies connected to the national standards.

SECONDARY PE TRACK AM

8:30 - 10:45 am High school SPARK (Sports, Play and Active Recreation for Kids) Part I PAIGE METZ, AWARD WINNING EDUCATOR FROM SPARK

11:00 am - 12:15 pm More High school SPARK (Sports, Play and Active Recreation for Kids) Part II PAIGE METZ, AWARD WINNING EDUCATOR FROM SPARK

HEALTH EDUCATION TRACK AM

9:30 - 10:45 am Be a Cool Refuser CHRIS PETERSON, HOLMEN MIDDLE SCHOOL, HOLMEN, WI

This workshop will focus on this important skill with many creative strategies to teach it.

11:00 am - 12:15 pm "Bagging It" STEVE LYGA, COCHRANE-FOUNTAIN CITY HIGH SCHOOL

The presentation will focus on teaching health concepts creatively.

Lunch 12:15 - 1:00 pm

ELEMENTARY PE TRACK PM

1:15 - 2:30 pm More Elementary School SPARK (Sports, Play and Active Recreation for Kids) JIM DELINE, NATIONALLY RESPECTED PHYSICAL EDUCATOR, SPARK

Participants will learn more about Elementary School SPARK (Sports, Play and Active Recreation for Kids)

3:00 - 4:30 pm C'Motion TONY BENITEZ AND BRIAN GOODMANSON

What is all the talk about when it comes to the computer revolution connects with physical activity? This session will help provide some answers.

SECONDARY PE TRACK PM

1:15 - 2:30 pm Geocoaching CINDY FORSYTHE, WAUPUN HIGH SCHOOL

Get exposed to this exciting interactive, problem solving physical activity strategy. Repeat the skills learned in the evening with the instructor.

3:00 - 4:30 pm Yogalates KELLY BULLARD, HEALTH/PE TEACHER, WAUKESHA SCHOOLS

Come enjoy this creative blend of instruction on yoga and pilates. It's a great way to end the day.

HEALTH EDUCATION TRACK PM

1:15 - 2:30 pm Character Enhancing Strategies KIERAN SAWYER, TYME OUT YOUTH CENTER, NASHOTAH, WI

Find out new and effective ways of building core character traits in your health education classroom.

3:00 - 4:30 pm DPI's New and Improved Sticks and Stones Bullying Prevention Curriculum JON W. HISGEN, DPI HEALTH AND PE CONSULTANT

See this updated curriculum in action; all participants will receive a free copy.

Special Evening Geocoaching Experience-the lucky winner will receive a free registration to the 2007 workshop.

THURSDAY, JULY 13, 2006

ELEMENTARY PE TRACK AM

8:00 - 9:15 am High Five for Fitness MARCIA SCHMIDT, CHERYL RICHARDSON AND CRYSTAL GORWITZ, HORTONVILLE AREA SCHOOL DISTRICT

This presentation will provide an overview of the very successful Hortonville elementary fitness program.

9:30 - 10:45 am Small Equipment, Big Fitness Results JOANNE SUOMI, PLOVER/WHITING ELEMENTARY SCHOOL, STEVENS POINT

Come learn some new and creative uses of elementary physical education equipment.

11:00 am - 12:15 pm Active Games for Those Not So Active Units PAT WITKOWSKI, SUMMIT ELEMENTARY, OCONOMOWOC

This session will offer some creative strategies to incorporate gaming in your units.

Secondary PE Track AM

8:00 - 9:15 am Use of Catskiers to Improve Physical Fitness DALE NIGGEMANN, WISCONSIN RAPIDS, WI

This workshop will focus on the various uses of this off season adaptation of the cross country ski.

9:30 - 10:45 am High Five for Fitness: The Secondary Version MARCIA SCHMIDT, CRYSTAL GORWITZ AND CHERYL RICHARDSON, HORTONVILLE AREA SCHOOL DISTRICT

Participants will learn how to build scope and sequence utilizing the Hortonville model.

11:00 am - 12:15 pm NASP Archery Education Program DUFFY KOPF, WAUNAKEE HIGH SCHOOL

Engage in this growing school physical education activity, and learn how to set up a program in your school.

HEALTH EDUCATION TRACK AM

8:00 - 9:15 am Using 2 Minute Videos to Teach Health Concepts CRISTY JEFSON, UW-WHITEWATER

Participants in this workshop will learn how to use video clips in an effective way in your health class.

9:30 - 10:45 am Teaching the Skill of Decision Making CRISTY JEFSON, UW-WHITEWATER

This workshop will focus on time tested strategies to teach the most important of all health education skills.

Credit Option-Cost is in addition to workshop registration

1 or 2 UW-Stevens Point Credits are available. Registration for credit will take place the first morning of the workshop. For information on the add-on credit, visit www.uwsp.edu/cps/network and click "Courses", "Summer", and then PED 397/597 or HLED 397/597, or contract Laurie Kallstrom, UWSP Professional Development Network at lkallstrom@uwsp.edu.

Anticipated Tuition is:

Undergraduate			
1 credit	\$206.81	2 credits	\$411.62
Graduate			
1 Credit	\$335.33	2 Credits	\$668.66

11:00 am - 12:15 pm Creative Teaching Ideas in Nutrition Education LAURIE JENSEN LENA, SURING, WI

This program will provide you with many unique ideas to incorporate in your class.

Lunch 12:15 - 1:00 pm

ELEMENTARY PE TRACK PM

1:15 - 2:30 pm Stomp - Teaching Rhythms in Your Elementary PE Class LYNN VANDE SANDE, MUIR ELEMENTARY, AND JANE KOVAL, VAN HISE ELEMENTARY, MADISON, WI

2:45 - 4:00 pm Adventure Education: The 21st Century Edition JACKIE CLARK, WASHINGTON ELEMENTARY, WAUPUN, WI

Learn new strategies from a popular presenter to include in your elementary adventure education unit.

SECONDARY PE TRACK PM

1:15 - 2:30 pm Wild Bill's Great Outdoor Adventure Education Class BILL CONN, MEDFORD AREA SENIOR HIGH SCHOOL

Explore new strategies to add to your curriculum.

2:45 - 4:00 pm Aquatic Exercise SUE GROSSE, AQUATIC CONSULTANT, MILWAUKEE PUBLIC SCHOOLS

Find out the latest in teaching strategies to be used in the pool.

HEALTH EDUCATION TRACK PM

1:15 - 2:30 pm Eating Disorders, Part 1 RACHEL QUAST, PRESIDENT, SHED (SELF HELP THROUGH EDUCATION), MILWAUKEE, WI

Find out about this emotional health behavior.

2:45 - 4:00 pm Eating Disorders, Part 2 RACHEL QUAST, PRESIDENT, SHED (SELF HELP THROUGH EDUCATION), MILWAUKEE, WI AND JON W. HISGEN, DPI

Explore ways to build creative teaching in this area. Participants will get the new mental illness unit of instruction from Wisconsin Department of Public Instruction as well.

